

## *About Designing Your Life™*

*Designing Your Life™*, developed by Connie Komack, M.A., is a signature program of LifeWork Enterprises. *Designing Your Life™* is a program, **and** a process, which invites participants to address four questions in great depth:

- Who am I?
- Where am I going?
- How do I get there?
- How do I stay on purpose?

*Designing Your Life™* participants are people who are looking for personal, professional, and/or spiritual growth and development. They are often people involved in career or life transitions. They are people of all ages and stages of life, and include:

- High school and college students looking for a life and/or career direction
- Women and men in career or personal life transitions wanting to change direction, or re-invent themselves
- Professional people, entrepreneurs, business owners, managers, and executives wanting to achieve more satisfaction, fulfillment, and success, and more work/life balance in their lives
- Retirees looking for life's next challenges
- Anyone wanting to identify and live the life of their dreams

*Designing Your Life™* participants can expect these results:

- More clarity and focus
- More energy and vitality
- More self-confidence
- More success and joy

*Designing Your Life™* can be experienced in a variety of ways:

- As a series of classes, workshops, seminars, or group coaching sessions
- As the basis of a one-one-one coaching series [12-16 sessions]
- As a self-guided individual program, using the *Designing Your Life™* workbook

### **The *Designing Your Life™* Workbook**

*Designing Your Life: A Life/Work Empowerment Program* is a 180-page workbook filled with exercises that are designed to lead you step-by-step to a deep awareness of yourself and of your goals for the future, to plan and take action on your goals, and to live your chosen life on purpose, on a daily basis.